WHAT IS CLAIMED IS:

- 1. A computer program arranged to process a first message, the first message comprising a first data object, the process based on a method comprising:
- (a) forming a second data object based on the first data object, the second data object to be stored in a storage device at a storage address;
- (b) forming a reference information based upon the storage address; and,
- (c) forming a second message comprising the reference information and devoid of at least part of the first data object.
- 2. The computer program of **claim 1**, wherein at least a portion of the computer program resides on a message client.
- 3. The computer program of **claim 2**, wherein the computer program further comprises a plug-in program in operable communication with a message client program.
- 4. The computer program of **claim 2**, where the computer program is an e-mail client computer program.
- 5 The computer program of **claim 1**, wherein at least a portion of the computer program resides on a message server.
- 6. The computer program of **claim 5**, wherein the message server is an e-mail server.
- 7. The computer program of **claim 1**, the method further comprising sending the second message to a recipient.

8. The computer program of **claim 7**, wherein sending the second message occurs via a communications network.

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- 9. The computer program of **claim 8**, wherein the communications network comprises a wireless network.
- 10. The computer program of **claim 8**, wherein the communications network comprises an internet.
- 11. The computer program of **claim 1**, the method further comprising setting access controls restricting access to the second data object.
- 12. The computer program of **claim 11**, the first message comprising an e-mail message.
- 13. The computer program of **claim 12**, the second message comprising an e-mail message.
- 14. The computer program of **claim 1**, the method further comprising determining when the size of the first data object exceeds a threshold.
- 15. The computer program of **claim 14**, wherein the threshold is one thousand bytes.
- 16. The computer program of **claim 14**, wherein forming a second data object, forming a reference information, and forming a second message are performed only when the size of the first data object exceeds the threshold.

- 17. The computer program of **claim 14**, wherein the threshold is determined by a threshold policy component.
- 18. The computer program of **claim 17**, wherein the threshold policy component is a local threshold policy component.
- 19. The computer program of **claim 17**, wherein the threshold policy component is a network policy component.
- 20. The computer program of **claim 14**, wherein the threshold is a fixed value that is part of the program code.
- 21. The computer program of **claim 1**, where the storage device is a file server.
- 22. The computer program of **claim 21**, wherein, the reference is a universal resource locator (URL).
- 23. The computer program of claim 21, wherein, the storage device is a Docushare server.
- 24. The computer program of claim 21, wherein the storage device is a Sharepoint server.
- 25. The computer program of claim 21, wherein the storage device is a Lotus Notes server.

- 26. A sending device 3 arranged to process a first message 4 including a first data object 5 based on a method comprising:
- (a) forming a second data object based upon the first data object, the second data object to be stored in storage device at a storage address;
 - (b) forming a reference information based on the storage address and,
- (c) forming a second message comprising the reference information and devoid of at least part of the first data object.
- 27. The sending device of **claim 26**, wherein the sending device comprises a message client.
- 28. The sending device of claim 27, where the sending device further comprises an e-mail message client.
- 29. The sending device of **claim 27**, where the sending device further comprises a cell phone.
- 30. The sending device of claim 27, where the sending device further comprises a text messaging device.
- 29. The sending device of **claim 27**,where the sending device comprises a personal digital assistant.
- 32. The sending device of claim 28, wherein the sending device further comprises a message server.
- 33. The sending device of **claim 26**, wherein the sending device comprises a message server.

- 34. The sending device of **claim 26**, the method further comprising sending the second message to a recipient.
- 35. The sending device of **claim 31**, wherein sending the second message occurs via a communications network.
- 36. The sending device of **claim 35**, wherein the communications network comprises a wireless network.
- 37. The sending device of **claim 36**, wherein the communications network comprises an Internet.
- 38. The sending device of **claim 26**, the method further comprising setting access controls restricting access to the second data object.
- 39. The sending device of **claim 26**, the first message comprising an e-mail message.
- 40. The sending device of **claim 39**, the second message comprising an e-mail message.
- 41. The sending device of **claim 26**, the method further comprising determining when the size of the first data object exceeds a threshold.
- 42. The sending device of **claim 41**, wherein the threshold is one thousand bytes.

- 43. The sending device of **claim 41**, wherein forming a second data object, forming a reference information, and forming a second message are performed only when the size of the first data object exceeds the threshold.
- 44. The sending device of **claim 38**, wherein the threshold is determined by a threshold policy component.
- 45. The computer program of **claim 44**, wherein the threshold policy component is a local threshold policy component.
- 46. The computer program of **claim 45**, wherein the threshold policy component is a network policy component.
- 47. The computer program of **claim 44**, wherein the threshold is a fixed value that is part of the program code.
- 48. The sending device of **claim 26**, where the storage device is a file server.
- 49. The sending device of **claim 48**, wherein, the reference information is a universal resource locator (URL).
- 50. The sending device of claim 48, wherein, the storage device is a Docushare server.
- 51. The sending device of **claim 48**, wherein the storage device comprises a message client.

- 52. A method to distribute a first message containing a first data object to a recipient, comprising:
- a) by a device, determining when the first data object is greater than a specified threshold;
- b) by a device, forming a second data object wherein at least a portion of the content of the second data object is equivalent to the content of the first data object, and storing the second data object in a storage device at a storage address when the first data object is greater than the specified threshold;
- c) by a device, forming a second message without at least a portion of the first data object, and forming within the second message a reference information based on the storage address when the first data object is greater than the specified threshold; and,
 - d) by a device, sending the second message to the recipient;
- 53. The method of claim 52, by a device, further comprising establishing access rights to the second data object stored on the storage device such that there is a reasonable assurance that only the recipient may retrieve the second data object.
- 54. The method of **claim** 53 further comprising the recipient reading the second message.
- 55. The method of **claim 53** further comprising retrieving the second data object.
- 56. The method of claim 52, wherein forming the second message without at least a portion of the first data object comprises creating a replica of the first message devoid of at least a portion of the first data object.

- 57. The method of **claim** 56, wherein creating the second message comprises creating the second message with the reference information therein.
- 58. The method of **claim 56**, further comprising adding the reference information to the second message.
- 59. The method of **claim** 56, wherein forming the second message comprises removing at least a portion of the first data object from the first message.
- 60. The method of **claim 58**, wherein forming the second message is performed by a sending device.
- 61. The method of claim 52, further comprising:
 - a) the recipient reading the second electronic mail message;
- b) retrieving the second data object from the electronic repository; and,
 - c) deleting the second data object from the electronic repository.
- 62. The method of claim 52, further comprising analyzing the second data object to determine if the second data object comprises at least some digital information that requires application of data processing steps and in response thereto, apply said processing steps.
- 63. The method of claim 62, wherein the digital information is a virus.

- 64. The method of **claim 63**, further comprising deleting the virus from the second data object.
- 65. The method of claim 62, wherein the digital information is an image file.
- 66. The method of **claim 65**, wherein the image file further comprises an image of currency.
- 67. The method of **claim 65**, wherein the image file further comprises an image of security marks used in printing currency.
- 68. The method of **claim 62**, wherein the digital information is confidential information.
- 69. The method of claim 62, further comprising by a device, further comprising establishing access rights to the second data object stored on the storage device such that there is a reasonable assurance that only the recipient may retrieve the second data object.

- 70. A system comprising a receiving device, a storing device and a sending device, wherein the sending device is arranged to process a first message including a first data object based on a method comprising:
- (a) forming a second data object based upon the first data object, the second data object to be stored in a storage device at a storage address;
 - (b) forming a reference information based on the storage address and,
- (c) forming a second message comprising the reference information and devoid of at least part of the first data object; and where the receiving device, a storing device and sending device are arranged to be coupled application of data processing steps and in response thereto, apply said processing steps.
- 71. The system of claim 70 further comprising a network threshold policy component arranged to communicate a network threshold policy to the sending device.